

Wellness Works!

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330

919-776-0501

2014 Fall Festival

This year's festival will be held on **Saturday October 25, 2014 from 8:00 am until 2:00 pm. Save the Date!!** We'll have crafters, jewelry, woodworking, woodcarving, painters, baked & canned goods, Christmas decorations and lots more! New for 2014 is a Farmer's Market & garden/landscaping plants for both indoor & outdoor. Ham biscuits, hot dogs, sausage dogs, baked goods and soft drinks will be available for purchase. All proceeds go to benefit Alzheimers North Carolina, Inc. Join us at 1:00 pm on the Enrichment Center walking trail for our 2014 annual **Alzheimers Walk.** Registration is at 12:00pm.

Free Hearing Screenings

Wednesday September 25, 2014 from 9:00 am -1:00 pm. by Bright Audiology, Call the Enrichment Center front desk to register. 919-776-0501, ext. 2201.



Rex Mobile Mammography

is coming to the Enrichment Center on Wednesday October 8, 2014. *All patients must pre-register with the Lee County Health Dept. Call 919-718-4640, ext. 5317 for an appointment.*



October is breast cancer awareness month. Have you had your mammo-gram?

Alzheimer's and Dementia

Educational Classes

Tuesday evenings September 2 - October 7 from 5:30 pm until 7:30 pm at the Lee County Enrichment Center. Registration is requested. Call 919-776-0501 ext. 2230 to sign up.



UNLEASH THE POWER OF AGE!

SENIOR CENTERS ~ *Experts at Living Well*

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Rosemary-Dijon Chicken



Ingredients

2 tablespoons coarse-grain Dijon mustard (lowest sodium available)
 2 teaspoons olive oil
 1/2 teaspoon dried rosemary, crushed, or dried tarragon, crumbled
 1/4 teaspoon salt
 1/4 teaspoon red hot-pepper sauce
 Cooking spray
 4 skinless chicken breast halves with bone (about 6 ounces each), all visible fat discarded

Preparation

Preheat the oven to 350°F.
 In a small bowl, stir together the mustard, oil, rosemary, salt and hot-pepper sauce.
 Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray. Arrange the chicken in a single layer in the pan. Spoon the mustard mixture over the chicken.
 Bake for 40 to 45 minutes, or until the chicken is no longer pink in the center. Transfer to plates. Stir the pan drippings, scraping to dislodge any browned bits. Pour over the chicken. *Serves 4, 180 calories per serving.*
(Recipe from the American Heart Association Go Red for Women)

Smart Ideas To Start Your Day Off Right

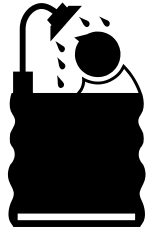
1. **Don't hit the snooze button.** Once your alarm goes off, your sleeping pattern has been disrupted. Try to get up at the same time each morning.



2. **Break the fast.** Fuel your self for the day ahead with a healthy breakfast that includes whole grains, fruit and low-fat protein.



3. **Indulge in an early morning shower.** If you take a shower right after you wake up, your body comes out of sleep mode. You're more awake, more alert, and more fit to start your day.



4. **Consider exercising in the morning.** Many people enjoy waking up in the morning and getting their daily exercise done first thing. This also sends out endorphins into your body, so positive energy is flowing through you right from the start.



5. **Try not to rush.** Set your alarm so that you can take your time getting ready in the morning.
6. **Try to think positively about the day ahead of you.** Remember, your thoughts are powerful. If you think it will be a horrible day, then chances of it being a bad day are higher. Set your mind on having a good day.

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Eat Well To Stay Healthy

Eating healthy does more than help keep your body in shape; it helps keep your heart in shape too. Maintaining a healthy diet is especially important as we age. Try these tips for healthier eating.

1. Eat more fruits and vegetables. Aim for 4-5 servings of fruits and vegetables every day, and eat a variety. Vegetable or 100 percent fruit juice counts toward this goal.

2. Eat more whole-grain foods. Like fruits and vegetables, whole-grain foods are low in saturated fat and cholesterol and rich in fiber. Eat at least three 1-ounce servings a day.

3. Use olive, canola, corn or safflower oil as your main kitchen fat. Limit how much fat or oil you use in cooking, and use liquid vegetable oils such as olive, canola, corn and safflower oils in place of solid fats.

4. Eat more lean proteins. In general, skinless poultry, fish and vegetable protein (such as beans) are lower in saturated fat and cholesterol than other meats (like beef & pork). Eat at least two 3.5-ounce servings of fish a week, preferably oily kinds with omega-3 fatty acids (salmon, trout, herring). Also, limit processed meats to no more than two servings a week.

5. Read food labels Food labels provide information to help you make better food choices. Learn what information to look for (like sodium content for example), and how to find it.

6. Snack on nuts and seeds. Try to eat at least four servings a week. They're packed with protein, contain healthy fats, and they'll help satisfy your hunger.

7. Limit your sodium intake. Keep sodium to less than 1,500 mg a day.

8. Cut down on sugar-sweetened beverages. These calories add up fast, so drink no more than 450 calories (36 ounces) a week.

9. Make sure you're getting enough calcium. It's good for your bones and cuts your risk for developing osteoporosis.

10. Create a heart-healthy grocery list. It's easy to get side tracked when you're browsing the grocery aisles, so it's important to get in the habit of always shopping with a list.

Adult/Child CPR & AED Class

Class will be Tuesday, October 14, 2014

Time: 1pm - 4 pm

This class will provide instruction on administering CPR and on how to use an AED machine. Instructor Joseph Werner is trained and certified with the American Heart Association.

Free for ages 60 and better. Sign up today! Space is limited!

LEARN CPR
You Can Do It!

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Our Fitness Programs Rock!

Come Try a Class for FREE!

Low Impact Aerobics & Toning Classes

\$10 per month.

Tuesday/Thursday 9:00 a.m.

Monday/Wednesday 5:30 p.m. *

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room**

Monday—Thursday 7:30 a.m. – 8:00 p.m.

Friday 7:30 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required. See front desk for appointments.

Walking Trail – ¼ mile around the perimeter of the property. No charge.

Fitness Yoga

Mondays 8:30 a.m. **OR**

Tuesdays 5:30 p.m. **OR**

Fridays 8:30 a.m.

\$15 per month/one class per week

(*Water Aerobics held June, July & August at O T Sloan Pool)

(**Fitness room is open to Boomers & Seniors. All adults are welcome to fill available class spaces)

Exercise Idea!

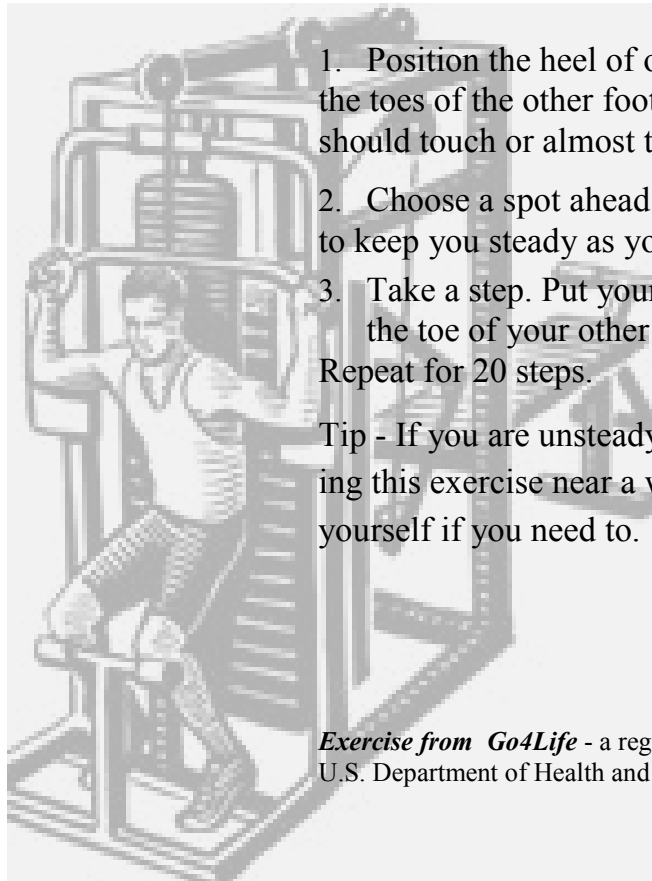
Heel-to-Toe Walk



Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
 2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
 3. Take a step. Put your heel just in front of the toe of your other foot.
- Repeat for 20 steps.

Tip - If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.



Exercise from Go4Life - a registered trademark of the U.S. Department of Health and Human Services.